

Falls Church Recreation & Parks



Fresh To You



Fall 2012

Registration Dates:

Residents: August 20; Non-Residents: August 27

Register Online at www.fallschurchva.gov/recreation

Farmers' Market



photo by Gary Mester

OPEN YEAR ROUND!

Saturdays in City Hall Parking Lot,
300 Park Avenue

April 7-December 29, 2012, 8am-Noon

(no market December 24th)

January 7-March 31, 2012, 9am-Noon

Enjoy fresh fruit, vegetables, flowers and more!

Sunset Cinema

Friday evenings, August 24, 31, and September 7
8pm or dusk at Cherry Hill Park

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Popcorn, candy and drinks will be available for purchase. Movie titles will be announced closer to the event date.



37th Annual Taste of Falls Church at the Fall Festival



photos by Gary Mester

Saturday, September 15, 10am-4pm

Cherry Hill Park, 312 Park Avenue

Enjoy a day full of live entertainment, children's activities, amusement rides and more. Be sure to bring an appetite as local restaurants will be sampling their unique cuisine! Come and visit the many local civic organizations, businesses, artists and craft vendors that will be present.

19th Annual Farm Day

Saturday, October 6, 10am-3pm

Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more.

For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



Halloween Carnival

Saturday, October 27, 6-7pm Infants to 2nd Graders,

7:30-8:30pm 3rd to 5th Graders

Falls Church Community Center,
223 Little Falls Street

Tons of candy, games, face painting, a live creepy creature show and more! Fun for the entire family!



Veterans Day Ceremony

Sunday, November 11, 11am

Falls Church Veterans Memorial

223 Little Falls St.



20th Annual Holiday Craft Show

Saturday, December 1, 9am-4pm

Sunday, December 2, 11am-4pm

Falls Church Community Center,
223 Little Falls St.

Come enjoy over 60 juried crafters selling handmade items. Admission is \$1 Children under 12 free.

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Jenny Paxton at 703 248-5199 or jpaxton@fallschurchva.gov.

Community Center Hours of Operation

Monday-Thursday: 8am-10pm
 Friday: 8am-11pm
 Saturday: 8:30am-11pm
 Sunday: 2-6pm (April-December)
 12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed September 3 and November 22.

Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: August 26-September 3, October 8, November 6, 11-12, 22-23, and December 1-2.

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.
 Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5027
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150

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Recreation & Parks Staff

Daniel J. Schlitt, *Director*
 Jenny Paxton, *Special Events, Senior Program Supervisor*
 Chris Madison, *Sports Coordinator, Program Supervisor*
 Debbie Woodbury, *Hobby Class Coordinator, Program Supervisor*
 Tracy Browand, *Senior Center Coordinator, Recreation Specialist*
 Amy Maltese, *Teen and Camp Coordinator, Program Supervisor*
 Diane Morse, *Cherry Hill Farmhouse Coordinator*
 Krissy Loerch, *Senior Administrative Assistant*
 Lisa Reid, *Administrative Assistant*
 Wendell Goins, *Building Maintenance Worker*
 Howard Herman, *Farmers' Market Manager*
 Greg Mosley, *Landscape Maintenance Worker*
 Mike Noyes, *Crew Leader, Parks and Landscape Maintenance*
 Juan Salguero, *Building Maintenance Worker*
 Raul Chafloque, *Building Maintenance Worker*
 Sonny Sikhattana, *Building Maintenance Worker*
 Tim Xhepa, *Landscape Maintenance Worker*

Recreation and Parks Advisory Board

Charles O'Hara, *Chair*
 Kathryn Chandler
 Lori Lafave
 Leslie Rye
 Steve Selby
 Ruth Rodgers, *Planning Commission Representative*
 Greg Rasnake, *School Board Representative*



Cherry Hill Farmhouse



Cherry Hill Farmhouse
312 Park Avenue
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Department at 703-248-5027. For more information on any events taking place at Cherry Hill, call Diane Morse at 703-248-5171.

EVENTS AT CHERRY HILL FARMHOUSE

FALLS CHURCH FARM DAY

Enjoy a day of old-fashioned fun at Cherry Hill Park. Activities will include horse-drawn hayrides, pony rides, pumpkin painting, scarecrow making, blacksmith demonstrations, live music and more. For scarecrows please bring an old long sleeved shirt and long pants.

Date: Sat 10/6 **Time:** 10am- 3pm

Free Admission: Fees will be charged for some activities.

Location: Cherry Hill Park

Victorian Ghost Stories: Strange Occurrences and Things That Go Bump in the Night

Come listen if you dare to spooky tales in the old farmhouse parlor. For reservations call 703-248-5171.

Date: Fri 10/26 **Time:** 8pm

Fee: \$5

Location: Cherry Hill Farmhouse

Children's Holiday Shop

Volunteers will help children select and wrap holiday gifts for friends and family. All gifts are \$6. and under.

Date: Sat 12/1 **Time:** 10am-2pm

Location: Cherry Hill Farmhouse

Civil War Christmas

Costumed Civil War reenactors will welcome guests with seasonal carols, readings, parlor games and a patriotic Civil War tree. There will be childrens' activities and seasonal treats as well.

Date: Sat 12/8 **Time:** 10am- 2 pm

Free Admission

Location: Cherry Hill Farmhouse

Holiday Tea at Cherry Hill

Tour the decorated farmhouse, learn about old holiday customs and enjoy this special tea of sandwiches, assorted sweets, scones and a bottomless cup of tea. For reservations call 703-248-5171. Private teas can be arranged for groups of 12 or more any day of the week.

Date: Sun 12/9, 12/16 **Time:** 2pm

Fee: \$28

Preschool Program

3-5 years

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Preschool Juniors

(Birthdates Oct. 1, 2008- Sept. 30, 2009)

Tue/Thu: 1/8-5/23* 9am-12pm

211001-A R: \$722 / NR: \$732

*No class dates 3/26, 3/28

Preschool Seniors

(Birthdates Oct. 1, 2007- Sept. 30, 2008)

Mon/Wed/Fri: 1/7-5/24* 9am-12pm

211002-C R: \$999 / NR: \$1009

*No class dates 1/21, 2/18, 3/27, 3/29, 3/31

Location: Preschool Room

Preschool, Afternoon

(Birthdates Oct. 1, 2007- April 30, 2008)

Mon/Wed/Fri: 9/10-12/21* 1-4pm

111005-C R: \$740 / NR: \$750

Mon/Wed/Fri: 1/7-5/24* 1-4pm

211004-A R: \$999 / NR:

\$1009

*No class dates 10/8, 11/12, 11/23

1/21, 2/18, 3/27, 3/29, 3/31

Location: Preschool Room



Pre-K Readiness

4-5 years

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2013. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program. You are encouraged to enroll your child for both sessions by placing a \$100 non-refundable deposit when registering in the Fall. This will assure your child a spot for the entire year. The remainder balance fee is due in December before the Winter/Spring session begins.

(Birthdates Oct. 1, 2007- Sept. 30, 2008)

Tue/Thu: 9/11-12/20* 1-4pm

111003-C R: \$525 / NR: \$535

Tue/Thu: 1/8-5/23* 1-4pm

211003-A R: \$722 / NR: \$732

*No class dates 11/22, 3/26, 3/28

Location: Preschool Room

**A Few Spaces
Are Still Available!**

Open House for New Students:

Pre-K Readiness

Thursday, September 6, 1-3pm

Juniors

Friday, September 7, 10am

Seniors

Friday, September 7 at 11am

Afternoon

Friday, September 7, 12noon



Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times are subject to change. Call **703-248-5077** (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Days: Fridays, September 14, 2012 - June 14, 2013

No Tot Time: 12/21, 4/5, 5/3

Location: Gym **Time:** 10am-12 noon **Fees:** \$1 per child

Art Classes

Art in Hand® Tots

18 months-3 years

Join us for an artful autumn! Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by the colors and textures of the season. Our developmental approach will stimulate the senses, spark imaginations, and support emerging language, social, and problem-solving skills. Most of all, tots and their grown-ups can be creative, have fun, and make the mess away from home!

Mon: 9/10-12/17* 10:30-11:15am

110100-A R: \$187 / NR: \$197

Thu: 9/20-12/13* 10:30-11:15am

110100-B R: \$187 / NR: \$197

*No class dates 9/17, 10/8, 11/5, 11/12, 11/22

Instructor: Art in Hand Staff

Location: Art Room



Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Wed: 9/19-11/7 9:30-10:10am

110101-A R: \$125 / NR: \$135

Sat: 9/22-11/10 10:15-10:55am

110101-B R: \$125 / NR: \$135

Instructor: Abtrakadoodle

Location: Art Room

Art in Hand Preschoolers

2-6 years

This preschoolers class focuses on exploration with developmentally appropriate art materials in a supportive environment that emphasizes process over product. Curious kids will enjoy an interactive story time and have opportunities to create with a wide variety of traditional art media, found objects, and natural materials. In this fall session, participants will enjoy stories and art-making reflecting a range of kid-friendly topics, including the many beautiful and art-inspiring changes that autumn brings to the natural world around us. The class offers a fun and supportive social environment where children and their parent/caregiver can share the adventure of creative expression through art. For more information about the program visit www.artinhand.org.

Thu: 9/20-12/13* 11:30am-12:15pm

110107-B R: \$187 / NR: \$197

*No class dates 11/22

Instructor: Art in Hand Staff

Location: Art Room

Mini Doodlers 3-6 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Wed: 9/19-11/7 10:30-11:15am

110102-A R: \$125 / NR: \$135

Thu: 9/20-11/8 2-2:45pm

110102-B R: \$125 / NR: \$135

Sat: 9/22-11/10 11:15am-12pm

110102-C R: \$125 / NR: \$135

Instructor: Abtrakadoodle

Location: Art Room



Fun with Drawing 3-6 years

Young Rembrandts instructors provide a nurturing and strong learning environment that expands Pre-schoolers' image vocabulary as they learn to draw familiar images such as fish, teddy bears, rainbows, and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience, and spatial organization.

Mon: 9/17-10/29* 12-1pm

110108-A R: \$90 / NR: \$100

Wed: 9/19-10/24 3-4pm

110108-B R: \$90 / NR: \$100

Mon: 11/19-12/17* 3-4pm

110108-C R: \$75 / NR: \$85

Wed: 11/7-12/19* 12-1pm

110108-D R: \$90 / NR: \$100

*No class dates 10/8, 11/12, 11/21

Instructor: Young Rembrandts

Location: Art Room

Abtrakadoodle "We See 3D?" 6-12 years

I see, you see, we all see 3D! Meet depth, width and length and let them help you get into the action of creating fun, original 3D art. In this camp, the kids will be working with a variety of sculpting tools and modeling compounds while learning about famous sculptors, both past and present.

Tue: 9/18-11/13* 4:30-5:30pm

120103-A R: \$125 / NR: \$135

*No class dates 11/6

Instructor: Abtrakadoodle

Location: Senior Center-Left

Kids on Canvas

6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abtrakadoodle twist.

Wed: 9/19-11/7 4:30-5:30pm

120144-A R: \$130 / NR: \$140

Instructor: Abtrakadoodle

Location: Senior Center-Left

Fun with Drawing

6-12 years

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We give them skills to express their creativity, and believe that all children can -and should- learn to draw. We provide all materials and teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Location: Senior Center-Right

Mon: 9/17-10/22* 4:30-5:30pm
130104-A R: \$90 / NR: \$100

Location: Teen Center

Thu: 9/20-10/25 4:30-5:30pm
130104-B R: \$90 / NR: \$100

Location: Senior Center-Right

Mon: 11/19-12/17 4:30-5:30pm
130104-C R: \$75 / NR: \$85

Location: Art Room

Thu: 11/8-12/20* 4:30-5:30pm
130104-D R: \$90 / NR: \$100

*No class dates 10/8, 11/22

Instructor: Young Rembrandts

Fun with Cartooning

6-12 years

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

Tue: 9/18-10/23 4:30-5:30pm
130105-A R: \$90 / NR: \$100

Fri: 9/21-10/26 4:30-5:30pm
130105-B R: \$90 / NR: \$100

Tue: 11/13-12/18 4:30-5:30pm
130105-C R: \$90 / NR: \$100

Fri: 11/9-12/14* 4:30-5:30pm
130105-D R: \$90 / NR: \$100

*No class dates 11/23

Instructor: Young Rembrandts

Location: Art Room

Fun with Cartooning & Drawing 6-12 years

Create silly cartoon characters, funny expressions, convey moods, sounds, and drawing sequences that tell a joke! Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We give them skills to express their creativity, and believe that all children can -and should- learn to draw. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Sun: 9/23-10/28 2:30-4pm
130106-A R: \$135 / NR: \$145

Instructor: Young Rembrandts

NEW! Drawing and Watercolor 14-16 years

Learn painting watercolors by seeing and doing. This is class for beginners or intermediate painters of watercolor, with lots of demonstrations and one-on-one instruction. Basic techniques for drawing and painting, such as the value sketch, mixing colors, application, methods and materials will be emphasized. For more information about the instructor and to obtain a supply list, please visit www.WhereArtHappens.com

Thu: 9/20-10/25 4:30-5:30pm
130108-A R: \$77 / NR: \$87

Instructor: Bill Abel

Location: Art Room

NEW! Watercolor 1 16 & up

Learn Painting watercolors by seeing and doing. This is a class for beginners or those that want to continue learning watercolor at a relaxed pace. There will be lots of teacher demonstrations and one-on-one instruction. The following techniques for drawing and painting will be introduced: value sketch, mixing colors, application, methods and materials that make watercolor fun and rewarding.

Location: Art Room

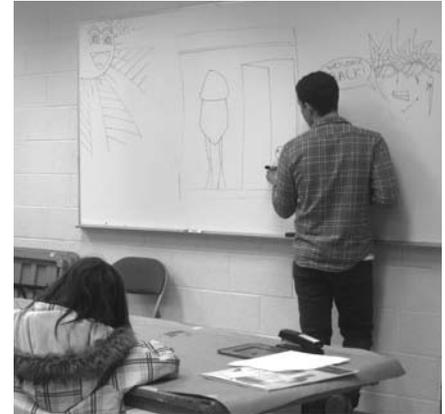
Tue: 9/18-10/23 9:30-11:30am
150125-A R: \$125 / NR: \$135

Location: Senior Center- Left

Tue: 10/30-12/11* 7-9pm
150125-B R: \$125 / NR: \$135

*No class dates 11/6

Instructor: Bill Abel



NEW! Watercolor 2

16 & up

Learn painting watercolors by seeing and doing. This is class for beginners or intermediate painters of watercolor, with lots of demonstrations and one-on-one instruction. Basic techniques for drawing and painting, such as the value sketch, mixing colors, application, methods and materials will be emphasized. For more information about the instructor and to obtain a supply list, please visit www.WhereArtHappens.com

Wed: 9/19-10/31* 9:30-11:30am
150122-A R: \$125 / NR: \$135

Wed: 11/7-12/19 9:30-11:30am
150122-B R: \$145 / NR: \$155

*No class date: 10/24

Instructor: Bill Abel

Location: Teen Center

Watercolor Painting for All 15 & up

Watercolor is a medium of transparent and pure color. Learn how to paint loosely or in a controlled manner with this exciting paint. Beginners will do simple exercises and paintings to learn color theory, brushwork, paint application and composition. Intermediate students will improve skills with advanced exercises. They will be encouraged to paint in a larger format and may choose their own subject matter. Everyone learns how to evaluate paintings. Supply list at first class.

Fri: 9/21-11/9 10am-12:30pm
150115-A R: \$180 / NR: \$190

Instructor: Vivian P. Attermeyer

Location: Art Room

Hobby Classes

NEW! **Little Stars! 2-3 years**

Introduce your little ones to the magical world of dramatic arts & imagination! Come explore stories while using all facets of arts enrichment incorporating music, movement, drama, art, and language. Note: A materials fee for art is included in the price.

Mon: 9/24-12/10* 2-2:45pm
110706-A R: \$142 / NR: \$152

Mon: 9/24-12/10* 3-3:45pm
110706-B R: \$142 / NR: \$152

*No class dates 10/8, 11/12

Instructor: C.A.R.E. Actor

Location: Community Room



Act It Out! 4-6 years

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various acting games, teambuilding games, as well as act out a story that draws out these positive values using costumes and props. This class will present their favorite story on the last day of class!

Mon: 9/24-12/3* 4:30-5:15pm
120706-A R: \$118 / NR: \$128

*No class dates 10/8, 11/12

Instructor: C.A.R.E. Actor

Location: Art Room



Dramatic Kids! 7-10 years

This theater arts class is bound to keep you up on your feet and down on the ground with fun and laughter! Learn improvisational theater techniques and social issues as well as present your own original work. In this class, these fine actors will gain theatrical know how on various topics, improvisation, scene study, and monologue study. There will be a dramatic presentation on the last day of class!

Mon: 9/24-12/3* 5:30-6:30pm
130703-A R: \$129 / NR: \$139

*No class dates 10/8, 11/12

Instructor: C.A.R.E. Actor

Location: Community Room

NEW! **Mountain Bike Class**

8-13 years

Northern Virginia has some of the best urban mountain biking trails around. Join staff for some after school trail rides and lots of fun. Develop beginner and intermediate mountain biking skills... including steering, shifting, hill climbing and descending, log hopping, dodging obstacles, etiquette, maintenance, safety and more. Bikes and helmets provided by Virginia Outside, but students are welcome to bring their own. For more information visit www.virginiaoutside.com

Tue: 9/18 4-6pm
130712-A R: \$45 / NR: \$55

Thu: 9/20 4-6pm
130712-B R: \$45 / NR: \$55

Tue: 9/25 4-6pm
130712-C R: \$45 / NR: \$55

Thu: 9/27 4-6pm
130712-D R: \$45 / NR: \$55

Tue: 10/2 4-6pm
130712-E R: \$45 / NR: \$55

Thu: 10/4 4-6pm
130712-F R: \$45 / NR: \$55

Instructor: Virginia Outside Staff

Location: Wakefield Park, Annandale, VA

Family Yoga Games 3 & up

Yoga fun for the whole family! Through games, poses and activities, we'll learn about connecting mind, body and spirit. Children 2 and under can come along for the ride, free. Parents and children over 2 both need to register. Yoga mats provided. For additional information please visit www.stressburneryoga.com

Wed: 9/19-10/24 5:30-6:15pm
130402-A R: \$60 / NR: \$70

Wed: 11/7-12/12 5:30-6:15pm
130402-B R: \$60 / NR: \$70

Instructor: Unyong Kim

Location: Community Room



Chess 4-12 years

Learn how to play chess from our highly-rated professional chess instructors! Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Visit www.silverknightschess.com

Tue: 9/25-12/18* 6-7pm
130702-A R: \$120 / NR: \$130

*No class dates 11/6

Instructor: Silver Knights Chess

Location: Senior Center-Right

Register early at www.fallschurchva.gov to prevent class cancellations!

NEW! Merit Badge Fishing

8-14 years

Merit badge program—for any boy scouts, cub scouts, or webelos looking to earn their merit badge or fishing requirements, Virginia Fishing Adventures will be hosting a fishing merit badge workshop. Participants will learn and apply all requirements of the fishing merit badge, belt loop, and pin, including cleaning and cooking fish. Virginia Fishing Adventures has several merit badge counselors on their staff, so bring your cards and they can sign off on them after participants have met the requirements. All bait and tackle are provided. For more information visit www.virginiafishingadventures.com

Sat: 9/22 1-4pm
130707-A R: \$25 / NR: \$35
Instructor: Virginia Fishing Adventures
Location: Burke Lake Park

NEW! Italian Cooking Demonstrations 18 & up

Learn the secrets of putting together a great Italian meal, and taste it too, all from local chef instructor, Matt Finarelli. This meal will teach you all about how to make a great antipasto, a first and second course, as well as a great dessert. Come watch as Chef Matt teaches you about Italian cooking and culture, and answers all your questions about how you too can make a fabulous meal for your friends and family! Each session features a different menu, so come to them all to learn a wide variety of secrets!

Wed: 9/19 6:30-8:30pm
150307-A R: \$45 / NR: \$55
Wed: 10/3 6:30-8:30pm
150307-B R: \$45 / NR: \$55
Wed: 10/24 6:30-8:30pm
150307-C R: \$45 / NR: \$55
Wed: 11/7 6:30-8:30pm
150307-D R: \$45 / NR: \$55
Wed: 11/21 6:30-8:30pm
150307-E R: \$45 / NR: \$55
Instructor: Matthew Finarelli
Location: Senior Center-Left

Tiny Chefs Cooking Class 3-12 years

In each class, aspiring little chefs prepare and eat an entrée, healthy snack or dessert while their communication skills and ability to work within a small group setting are enhanced. As the entrée, snack or dessert is cooking, the children will play and learn about nutrition and food safety through interactive games and activities. Each child receives their very own chef hat and cookbook. There is a Harvest Moon filling the sky and tasty Harvest treats to fill your tummy! Come join Tiny Chefs on September 22, and we'll enjoy the flavors of fall with Sweet Potato Soup, Harvest Rice, & Mini Pumpkin Whoopie Pies. On October 20, we'll make spooky treats galore--like Pizza Mummies, Edible Spiders & Swamp Juice to wash it all down. Come join Tiny Chefs on November 10, as we celebrate Good Nutrition Month, learn a little about reading food labels and create and enjoy a balanced, nutritious and delicious meal that includes mini-meatloaf, mashed sweet potatoes and strawberry pineapple sundaes.

Harvest Moon Feast Mommy & Me: Ages 3-6
Sat: 9/22 10am-12pm
120301-A R: \$40 / NR: \$50

Harvest Moon Feast Ages 7-12
Sat: 9/22 1-3pm
120301-B R: \$40 / NR: \$50

Cooky Spooky Mommy & Me: Ages 3-6
Sat: 10/20 10am-12pm
120301-C R: \$40 / NR: \$50

Cooky Spooky Ages 7-12
Sat: 10/20 1-3pm
120301-D R: \$40 / NR: \$50

You Are What You Eat Mommy & Me: Ages 3-6
Sat: 11/10 10am-12pm
120301-E R: \$40 / NR: \$50

You Are What You Eat Ages 7-12
Sat: 11/10 1-3pm
120301-F R: \$40 / NR: \$50

Instructor: Tiny Chefs
Location: Senior Center-Left

NEW! Manners Talk

6-12 years

Manners Talk is a 21st Century Etiquette Training program that is perfect for introducing your child to basic manners necessary for healthy, polite, thoughtful, and appropriate interactions with people. The classes will involve role-playing and other enjoyable activities. Children will be taught at a pace that keeps them stimulated and engaged. They will gain greater self-confidence and poise in new and unfamiliar situations. Prepare your children for their future by give them the gift of manners.

Fri: 9/21-10/12 4:30-5:30pm
131001-A R: \$180 / NR: \$190
Sat: 10/20 12-2pm
131001-B R: \$85 / NR: \$95
Instructor: Vicki Fleming
Location: Community Room

Babysitter's Training

11 & up

Would you like to become an American Red Cross Certified babysitter? This training course will provide information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in five critical areas: leadership, safety and safe play, basic care, first aid and professionalism. Certificates will be mailed.

Sat: 10/6 9am-4pm
141001-A R: \$115 / NR: \$125
Sat: 12/15 9am-4pm
141001-B R: \$115 / NR: \$125

Instructor: Am. Red Cross
Location: Teen Center



Developmental Classes



Basic Dog & Pup Obedience 16 & up

This class offers lots of fun & socialization for puppies/dogs. Puppies/dogs get used to the basics of being handled, learning how to learn and focus! Basic commands are covered: Sit, Down, Recall, Down Stay and Loose-Lead Walking. In addition, owners learn how to promote good household manners, and how to deal with common doggy problems such as jumping, mouthing & biting and pulling. Puppies (dogs under 5 months of age) also enjoy a 15 minute playgroup at the end of class. Week One is an orientation for owners only (no dogs). Everyone in the family is encouraged to come to class!

Thu: 10/4-11/15* 6:30-7:30pm
150717-A R: \$150 / NR: \$160

*No class dates 10/18

Instructor: CC PALS

Location: Senior Center-Right

Rev Up Your Recall 16 & up

Does your dog take detours when you call or stopped coming? Do you want to get a speedier and more reliable recall? This class focuses solely on building up your recall with activities and games that you will be able to also do at home to keep your recall strong once you rev it back up! This class is designed for dogs and handlers with previous exposure to basic obedience using positive motivational training methods ONLY.

Mon: 10/1-10/8 6:30-7:30pm
150703-A R: \$50 / NR: \$60

Instructor: CC PALS

Location: Cavalier Trail Park

NEW! Jr. Mechanical Engineering 4-6 years

The class for the Junior Mechanical Engineering program is designed to introduce our youngest students to the field of mechanical engineering through the investigation of basic concepts of physics, motion, and energy. Students will construct each of the following objects during the course of the camp: a toilet paper tube car, cardboard roller coaster, a juice carton sailboat, an egg-drop vehicle, and a marshmallow catapult.

Thu: 9/20-10/25 11am-12pm
110707-A R: \$95 / NR: \$105

Tue: 10/30-12/11* 10-11am
110707-B R: \$95 / NR: \$105

*No class dates 11/6

Instructor: Patty MacDonald-Potts

Location: Community Room

NEW! Jr. Civil Engineering 4-6 years

The class for the Junior Civil Engineering program is designed to introduce students to the job of a civil engineer, the field of civil engineering, and basic concepts of engineering as it relates to building and construction. Through open exploration and focused exploration, students will design and construct their own skyscrapers, bridges, and houses.

Thu: 11/1-12/20* 10-11am
110708-A R: \$95 / NR: \$105

*No class dates 11/15, 11/22

Instructor: Patty MacDonald-Potts

Location: Teen Center

Robotics 1: Robotics 5-6 years

This course will lay the foundation for an interest in robotics that children will find both fun and rewarding. This course will engage the child's mind to discover what ideas they can develop in robotics. Children will build a model prototype of a robot to take home in class.

Sat: 10/6 10am-12pm
120704-A R: \$52 / NR: \$62

Instructor: Infamous Robotics

Location: Senior Center-Left

NEW! Aerospace Engineering 6-11 years

Students assume the role of NASA aerospace engineers, using the engineering design process to learn steps for designing, creating, and improving equipment. They design and build a shock absorbing system that protect two marshmallow "astronauts" when they land. By doing so, they come to understand some of the challenges of lunar landings. We will also explore rocketry. Students will experiment with the shape and weight of the rocket and the shape and location of the fins to produce an air powered rocket that will travel the highest or farthest.

Wed: 9/19-10/24 5-6pm
130710-A R: \$110 / NR: \$120

Instructor: Patty MacDonald-Potts

Location: Art Room

NEW! Industrial Engineering 6-11 years

The class is designed to introduce students to the concepts assembly line processes, cooperative building, and simple machinery in a hands-on setting. Students will actively explore time management, production efficiency, and other aspects of systems and materials engineering during this 6 week program.

Wed: 11/7-12/12 5-6:30pm
130711-A R: \$110 / NR: \$120

Instructor: Patty MacDonald-Potts

Location: Art Room

Robotics Eng. 101 7-12 years

Come learn robotics as it is taught in the Smithsonian museum by Infamous Robotics LLC. This is an introductory course to robotics that will show students with hands-on examples important basic mechanical/electrical/software terms and concepts. They will be introduced to the initial steps needed to begin programming as well as electrical components. We will discuss robots in foreign environments and common sensors. This course will prepare students for future levels such as Robotics 201.

Sat: 10/13 10am-12pm
130708-A R: \$72 / NR: \$82

Instructor: Infamous Robotics

Location: Community Room

Music Together

Birth to 5 years

Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities. Music Together classes build on your children's natural enthusiasm for music and movement. All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. Discount for siblings \$45. Tuition includes 2 CDs and Songbook of the semester's music and our new "Music Together at Home" Booklet and MT DVD. For further information and to watch our Music Together video visit www.MusicWithMaddy.com "BEST TODDLER PROGRAM" as voted by readers of Northern Virginia Magazine, June 2009.

- Mon: 9/17-11/26*** 9:15-10am
110608-A R: \$210 / NR: \$220
- Mon: 9/17-11/26*** 10:15-11am
110608-B R: \$210 / NR: \$220
- Mon: 9/17-11/26*** 11:15am-12pm
110608-C R: \$210 / NR: \$220
- Tue: 9/18-11/27*** 9:15-10am
110608-D R: \$210 / NR: \$220
- Tue: 9/18-11/27*** 10:15-11am
110608-E R: \$210 / NR: \$220
- Tue: 9/18-11/27*** 11:15am-12pm
110608-F R: \$210 / NR: \$220
- Wed: 9/19-11/21*** 9:15-10am
110608-G R: \$210 / NR: \$220
- Wed: 9/19-11/28*** 10:15-11am
110608-H R: \$210 / NR: \$220
- Wed: 9/19-11/28*** 11:15am-12pm
110608-I R: \$210 / NR: \$220

*No class dates 10/8, 11/6, 11/21

Instructor: Maddy O'Neill-Dean

Location: Community Room



Private Violin Lessons

5 & up

Dream in Color Studio offers beginner through advanced levels of instruction. Music instructors are experienced in teaching group, private classes, and coaching chamber music. Lessons missed due to student's absence will not be made up. Student is responsible for purchasing the lesson book and must have their own instrument. Contact DICF for additional times and list of materials at 703-642-1711.



Maddy's Winter Holiday Music Birth to 6 years

Bring your children to join "Miss Maddy" of Music Together to celebrate the season with this special Holiday-themed program. We will include all the wonderful diversity of our Holiday season. Let's have fun together this December. This music and dance class for children and their adults will include instruments, fun activities, dancing and movement, and a few surprises!! Perfect for siblings and bring the grandparents along too! SIBLINGS who are 12 months old and above \$5 discount. No charge for BABIES up to 12 months old with a registered sibling. We'll jingle bell rock!! Contact with questions: maddy505@aol.com or www.MusicWithMaddy.com

- Mon: 12/10** 9:15-10am
130601-A R: \$20 / NR: \$25
- Mon: 12/10** 10:15-11am
130601-B R: \$20 / NR: \$25
- Mon: 12/10** 11:15am-12pm
130601-C R: \$20 / NR: \$25
- Tue: 12/11** 9:15-10am
130601-D R: \$20 / NR: \$25
- Tue: 12/11** 10:15-11am
130601-E R: \$20 / NR: \$25
- Tue: 12/11** 11:15am-12pm
130601-F R: \$20 / NR: \$25
- Wed: 12/12** 9:15-10am
130601-G R: \$20 / NR: \$25
- Wed: 12/12** 10:15-11am
130601-H R: \$20 / NR: \$25
- Wed: 12/12** 11:15am-12pm
130601-I R: \$20 / NR: \$25

Instructor: Maddy O'Neill-Dean

Location: Community Room

- Tue: 9/18-10/9** 4:30-5pm
130705-A R: \$150 / NR: \$160
- Tue: 9/18-10/9** 5-5:30pm
130705-A1 R: \$150 / NR: \$160
- Tue: 9/18-10/9** 5:30-6pm
130705-A2 R: \$150 / NR: \$160
- Tue: 9/18-10/9** 6-6:30pm
130705-A3 R: \$150 / NR: \$160
- Tue: 9/18-10/9** 6:30-7pm
130705-A4 R: \$150 / NR: \$160
- Tue: 10/16-11/13*** 4:30-5pm
130705-B R: \$150 / NR: \$160
- Tue: 10/16-11/13*** 5-5:30pm
130705-B1 R: \$150 / NR: \$160
- Tue: 10/16-11/13*** 5:30-6pm
130705-B2 R: \$150 / NR: \$160
- Tue: 10/16-11/13*** 6-6:30pm
130705-B3 R: \$150 / NR: \$160
- Tue: 10/16-11/13*** 6:30-7pm
130705-B4 R: \$150 / NR: \$160
- Tue: 11/27-12/11** 4:30-5pm
130705-C R: \$150 / NR: \$160
- Tue: 11/27-12/11** 5-5:30pm
130705-C1 R: \$150 / NR: \$160
- Tue: 11/27-12/11** 5:30-6pm
130705-C2 R: \$150 / NR: \$160
- Tue: 11/27-12/11** 6-6:30pm
130705-C3 R: \$150 / NR: \$160
- Tue: 11/27-12/11** 6:30-7pm
130705-C4 R: \$150 / NR: \$160
- Tue: 1/8-1/29** 4:30-5pm
130705-D R: \$150 / NR: \$160
- Tue: 1/8-1/29** 5-5:30pm
130705-D1 R: \$150 / NR: \$160
- Tue: 1/8-1/29** 5:30-6pm
130705-D2 R: \$150 / NR: \$160
- Tue: 1/8-1/29** 6-6:30pm
130705-D3 R: \$150 / NR: \$160
- Tue: 1/8-1/29** 6:30-7pm
130705-D4 R: \$150 / NR: \$160

*No class dates 11/6

Instructor: Dream In Color

Location: Preschool Room

Music Classes

Private Piano or Voice Lessons 4 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book.

Thu: 9/20-10/11 4:30-5pm
130704-A R: \$150 / NR: \$160

Thu: 9/20-10/11 5-5:30pm
130704-A1 R: \$150 / NR: \$160

Thu: 9/20-10/11 5:30-6pm
130704-A2 R: \$150 / NR: \$160

Thu: 9/20-10/11 6-6:30pm
130704-A3 R: \$150 / NR: \$160

Thu: 9/20-10/11 6:30-7pm
130704-A4 R: \$150 / NR: \$160

Thu: 9/20-10/11 7-7:30pm
130704-A5 R: \$150 / NR: \$160

Thu: 9/20-10/11 7:30-8pm
130704-A6 R: \$150 / NR: \$160

Sat: 9/22-10/13 9-9:30am
130704-B R: \$150 / NR: \$160

Sat: 9/22-10/13 9:30-10am
130704-B1 R: \$150 / NR: \$160

Sat: 9/22-10/13 10-10:30am
130704-B2 R: \$150 / NR: \$160

Sat: 9/22-10/13 10:30-11am
130704-B3 R: \$150 / NR: \$160

Sat: 9/22-10/13 11-11:30am
130704-B4 R: \$150 / NR: \$160

Sat: 9/22-10/13 11:30am-12pm
130704-B5 R: \$150 / NR: \$160

Thu: 10/18-11/8 4:30-5pm
130704-C R: \$150 / NR: \$160

Thu: 10/18-11/8 5-5:30pm
130704-C1 R: \$150 / NR: \$160

Thu: 10/18-11/8 5:30-6pm
130704-C2 R: \$150 / NR: \$160

Thu: 10/18-11/8 6-6:30pm
130704-C3 R: \$150 / NR: \$160

Thu: 10/18-11/8 6:30-7pm
130704-C4 R: \$150 / NR: \$160

Thu: 10/18-11/8 7-7:30pm
130704-C5 R: \$150 / NR: \$160

Thu: 10/18-11/8 7:30-8pm
130704-C6 R: \$150 / NR: \$160

Sat: 10/20-11/10 9-9:30am
130704-D R: \$150 / NR: \$160

Sat: 10/20-11/10 9:30-10am
130704-D1 R: \$150 / NR: \$160

Sat: 10/20-11/10 10-10:30am
130704-D2 R: \$150 / NR: \$160

Sat: 10/20-11/10 10:30-11am
130704-D3 R: \$150 / NR: \$160

Sat: 10/20-11/10 11-11:30am
130704-D4 R: \$150 / NR: \$160

Sat: 10/20-11/10 11:30am-12pm
130704-D5 R: \$150 / NR: \$160

Thu: 11/15-12/13* 4:30-5pm
130704-H R: \$150 / NR: \$160

Thu: 11/15-12/13* 5-5:30pm
130704-H1 R: \$150 / NR: \$160

Thu: 11/15-12/13* 5:30-6pm
130704-H2 R: \$150 / NR: \$160

Thu: 11/15-12/13* 6-6:30pm
130704-H3 R: \$150 / NR: \$160

Thu: 11/15-12/13* 6:30-7pm
130704-H4 R: \$150 / NR: \$160

Thu: 11/15-12/13* 7-7:30pm
130704-H5 R: \$150 / NR: \$160

Thu: 11/15-12/13* 7:30-8pm
130704-H6 R: \$150 / NR: \$160

Sat: 11/17-12/15* 9-9:30am
130704-E R: \$150 / NR: \$160

Sat: 11/17-12/15* 9:30-10am
130704-E1 R: \$150 / NR: \$160

Sat: 11/17-12/15* 10-10:30am
130704-E2 R: \$150 / NR: \$160

Sat: 11/17-12/15* 10:30-11am
130704-E3 R: \$150 / NR: \$160

Sat: 11/17-12/15* 11-11:30am
130704-E4 R: \$150 / NR: \$160

Sat: 11/17-12/15* 11:30am-12pm
130704-E5 R: \$150 / NR: \$160



Thu: 1/3-1/24 4:30-5pm
130704-F R: \$150 / NR: \$160

Thu: 1/3-1/24 5-5:30pm
130704-F1 R: \$150 / NR: \$160

Thu: 1/3-1/24 5:30-6pm
130704-F2 R: \$150 / NR: \$160

Thu: 1/3-1/24 6-6:30pm
130704-F3 R: \$150 / NR: \$160

Thu: 1/3-1/24 6:30-7pm
130704-F4 R: \$150 / NR: \$160

Thu: 1/3-1/24 7-7:30pm
130704-F5 R: \$150 / NR: \$160

Thu: 1/3-1/24 7:30-8pm
130704-F6 R: \$150 / NR: \$160

Sat: 1/5-1/26 9-9:30am
130704-G R: \$150 / NR: \$160

Sat: 1/5-1/26 9:30-10am
130704-G1 R: \$150 / NR: \$160

Sat: 1/5-1/26 10-10:30am
130704-G2 R: \$150 / NR: \$160

Sat: 1/5-1/26 10:30-11am
130704-G3 R: \$150 / NR: \$160

Sat: 1/5-1/26 11-11:30am
130704-G4 R: \$150 / NR: \$160

Sat: 1/5-1/26 11:30am-12pm
130704-G5 R: \$150 / NR: \$160

*No class dates 11/24, 12/1, 11/22

Instructor: Dream In Color

Location: Preschool Room

Come Dance with Me!

2-3 years

Does your child love to dance but isn't quite ready to go into a classroom without you? Then come along and join the fun! Each class begins with the children and adults together doing an energetic warm-up and "Yoga Stretch of the Day." Then the dance party continues with exercises in Pre-Ballet, Creative Movement and Physical Fitness designed to improve coordination and boost self-esteem! The cool-down includes an entertaining movement story time that ties into the imaginative theme of each class. What a wonderful way to experience the joy of dance together! Register child for class, but parent or guardian stays in the classroom, too.

Thu: 9/20-11/15* 11:30am-12:10pm
120202-A R: \$100 / NR: \$110

*No class dates 11/1, 11/22

Instructor: Go Bananas Dancing, LLC

Location: Dance-Left

Preschool Dance A

2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Please note designated ages in classes. Preschool A classes have no special shoes or clothing requirements.

Location: Dance-Right

Instructor: EBD- Davis

Mon: 9/17-12/10* 9:30-10am
110203-A R: \$77 / NR: \$87

Instructor: EBD- Davis

Tue: 9/18-12/11* 9:30-10am
110203-B R: \$84 / NR: \$94

Instructor: EBD- Davis

Thu: 9/20-12/6* 9:30-10am
110203-G R: \$84 / NR: \$94

Location: Senior Center-Right

Instructor: EBD- Geoghegan

Sat: 9/22-12/15* 9:30-10am
110203-J R: \$70 / NR: \$80

*No class dates 10/8, 11/12, 11/6, 11/22, 11/24, 12/1, (senior center only-9/29)

Preschool Dance B

3-4 years

An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Please note designated ages in classes. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Location: Dance Studio

Instructor: EBD- Davis

Mon: 9/17-12/10* 10-10:45am
110202-I R: \$115 / NR: \$125

Instructor: EBD- TBD

Mon: 9/17-12/10* 3:45-4:30pm
110202-K R: \$115 / NR: \$125

Instructor: EBD- Davis

Tue: 9/18-12/11* 10-10:45am
110202-L R: \$126 / NR: \$136

Instructor: EBD- Davis

Tue: 9/18-12/11* 1-1:45pm
110202-M R: \$126 / NR: \$136

Instructor: Dream In Color

Sat: 9/22-12/15* 10-10:45am
110202-N R: \$99 / NR: \$109

Instructor: EBD- Davis

Thu: 9/20-12/6* 10-10:45am
110202-O R: \$126 / NR: \$136

Instructor: EBD- Davis

Thu: 9/20-12/6* 1-1:45pm
110202-P R: \$126 / NR: \$136

Instructor: Dream In Color

Sat: 9/22-12/15* 10:45-11:30am
110202-Q R: \$99 / NR: \$109

Location: Senior Center-Right

Instructor: EBD- Geoghegan

Sat: 9/22-12/15* 11:15am-12pm
110202-R R: \$105 / NR: \$115

*No class dates 10/8, 11/12, 11/6, 11/24, 12/1, 11/22, (senior center only-9/29)



All that Ballet, Jazz & Movement 3-5 years

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet steps and Creative Movement exercises in a fun, non-competitive environment. Also, they will enjoy choreographed Jazz routines to contemporary age-appropriate music, including a routine to be performed for parents during the class! Ballet shoes recommended, but not required.

Thu: 9/20-12/6* 12:30-1:15pm
120201-A R: \$140 / NR: \$150

*No class dates 11/1, 11/22

Instructor: Go Bananas Dancing, LLC

Location: Dance-Left

Preschool Dance C

4-5 years

In Preschool B/C classes, students will be introduced to tap. Please note designated ages in classes. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Location: Dance Studio

Instructor: EBD- Davis

Mon: 9/17-12/10* 10:45-11:30am
110208-Q R: \$115 / NR: \$125

Instructor: EBD- TBD

Mon: 9/17-12/10* 3-3:45pm
110208-R R: \$126 / NR: \$136

Instructor: EBD- Davis

Tue: 9/18-12/11* 10:45-11:30am
110208-S R: \$126 / NR: \$136

Instructor: EBD- Davis

Tue: 9/18-12/11* 1:45-2:30pm
110208-T R: \$126 / NR: \$136

Instructor: EBD- Davis

Thu: 9/20-12/6* 10:45-11:30am
110208-V R: \$126 / NR: \$136

Instructor: EBD- Davis

Thu: 9/20-12/6* 1:45-2:30pm
110208-W R: \$126 / NR: \$136

Location: Senior Center-Right

Instructor: EBD- Geoghegan

Sat: 9/22-12/15* 12-12:45pm
110208-Y R: \$105 / NR: \$115

Location: Dance Studio

Instructor: Dream In Color

Sat: 9/22-12/15* 11:30am-12:15pm
110208-Z R: \$99 / NR: \$109

*No class dates 10/8, 11/12, 11/6, 11/22, 11/24, 12/1, (senior center only-9/29)

Dance Classes

Ballet I 5-8 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Thu: 9/20-12/6* 4:15-5pm
120220-A R: \$126 / NR: \$136

*No class dates 11/22

Instructor: EBD- Jackson

Location: Dance-Right

Jazz/Hip Hop I 5-8 years

Very exciting dance style, done to your favorite popular music!

Mon: 9/17-12/10* 4:30-5:15pm
120247-A R: \$115 / NR: \$125

*No class dates 10/8, 11/12

Instructor: EBD- Jackson

Location: Dance-Left

Tap/Jazz I 5-8 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Mon: 9/17-12/10* 4:45-5:30pm
120238-A R: \$115 / NR: \$125

*No class dates 10/8, 11/12

Instructor: EBD- Lemke

Location: Dance-Right



Ballet/Tap/Jazz I 5-8 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Location: Dance Studio

Instructor: EBD- Jackson

Mon: 9/17-12/10* 5:15-6:15pm
120254-A R: \$154 / NR: \$164

Instructor: EBD- Geoghegan

Wed: 9/19-12/12 6-7pm
120254-C R: \$182 / NR: \$192

Instructor: EBD- Thornton

Thu: 9/20-12/6* 6-7pm
120254-D R: \$168 / NR: \$178

Location: Senior Center- Right

Instructor: EBD- Geoghegan

Sat: 9/22-12/15* 10-11am
120254-E R: \$140 / NR: \$150

*No class dates 10/8, 11/12, 11/22, 9/29, 11/24, 12/1

Creative Dance 1 5-8 years

This class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression. Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Fri: 9/21-12/14* 6-6:45pm
140260-A R: \$126 / NR: \$136

*No class dates 11/23

Instructor: EBD- Geoghegan

Location: Dance-Left

Musical Theatre I 5-8 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre. Facial expressions and exaggerated movements needed for dance in theatre will be taught. No special shoes or clothing required.

Instructor: EBD- Lemke

Mon: 9/17-12/10* 5:30-6:15pm
130219-A R: \$115 / NR: \$125

Instructor: EBD- Geoghegan

Fri: 9/21-12/14* 6:45-7:30pm
130219-B R: \$115 / NR: \$125

*No class dates 10/8, 11/12, 11/23

Location: Dance-Right

Hip Hop I 6-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 9/19-12/12* 5:30-6:30pm
120216-A R: \$108 / NR: \$118

*No class dates 11/21

Instructor: Dream In Color

Location: Dance-Right

Elementary Ballet 6-9 years

Instructor placement required. For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision.

Tue: 9/18-12/11* 4:30-5:15pm
120225-A R: \$126 / NR: \$136

*No class dates 11/6

Instructor: EBD- O'Hara

Location: Dance-Right

Contemporary Street Jazz 6-11 years

This youthful and high energy one hour class will focus on jazz technique, performance skills, showmanship, and confidence. Our instructor will help you increase flexibility, improve dance technique, challenge your memory skills, balance, and strength. Our experienced staff brings excitement to dance class with current upbeat music and exciting choreography! Come prepared for warm up, technique, and to learn new choreography each week that will build into a short recital piece to be performed at the end of the session. Comfortable dance clothes and jazz shoes are recommended.

Thu: 9/20-12/20* 4:30-5:30pm
130201-A R: \$150 / NR: \$160

*No class dates 11/22

Instructor: Adrenaline Staff

Location: Dance-Left

Urban Style Hip Hop 6-11 years

Dancers will learn the latest street dancing technique, performance skills, and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. Our class offers the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. Come prepared for warm up, isolations, and to learn the latest choreography styles. Dancers will learn new choreography each week that will build into a performance piece for the end of the session. Comfortable loose clothing and flat sole sneakers are recommended.

Thu: 9/20-12/20* 4:30-5:30pm
130202-A R: \$150 / NR: \$160

*No class dates 11/22

Instructor: Adrenaline Staff

Location: Community Room



Hip-Hop 2/3 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 9/19-12/12* 6:30-7:30pm
120213-A R: \$108 / NR: \$118

*No class dates 11/21

Instructor: Dream In Color

Location: Dance-Right



Jr. Level Ballet 8 & up

Instructor placement required. Formerly known as Intermediate Ballet, the Junior level is for students 8 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically.

Jr. Level Ballet 1
Instructor: EBD- Jackson

Tue: 9/18-12/11* 4:15-5:15pm
120226-A R: \$168 / NR: \$178

Jr. Level Ballet 2
Instructor: EBD- Jackson

Tue: 9/18-12/11* 5:15-6:15pm
120226-B R: \$168 / NR: \$178

Jr. Level Ballet 3
Instructor: EBD- O'Hara

Tue: 9/18-12/11* 5:15-6:15pm
120226-C R: \$168 / NR: \$178

*No class dates 11/6

Location: Dance Studio

Ballet 2/3 9-14 years

This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Fri: 9/21-12/14* 5:30-6:30pm
120221-A R: \$168 / NR: \$178

*No class dates 11/23

Instructor: EBD- Tba

Location: Dance-Right

Tap/Jazz II/III 9-14 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Thu: 9/20-12/6* 5-6pm
120239-A R: \$168 / NR: \$178

*No class dates 11/22

Instructor: EBD- Jackson

Location: Dance-Right

Jazz/Hip Hop 2/3 9-14 years

Very exciting dance style, done to your favorite popular music!

Fri: 9/21-12/7* 6:30-7:30pm
120248-A R: \$168 / NR: \$178

*No class dates 11/23

Instructor: EBD- TBA

Location: Dance-Right

Creative Dance 2/3 9-14 years

This ballet class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression. Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Wed: 9/19-12/12 7-8pm
140261-A R: \$182 / NR: \$192

Instructor: EBD- Jackson

Location: Dance-Left

Dance Classes



Musical Theatre II/III

9-14 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre. Facial expressions and exaggerated movements needed for dance in theatre will be taught. No special shoes or clothing required.

Mon: 9/17-12/10* 6:15-7pm

130220-A R: \$115 / NR: \$125

*No class dates 10/8, 11/12

Instructor: EBD- Lemke

Location: Dance-Left



Ballet/Tap/Jazz 2/3

9-14 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Fri: 9/21-12/14* 4:30-5:30pm

120256-A R: \$168 / NR: \$178

*No class dates 11/23

Instructor: EBD- Tba

Location: Dance-Left

Senior Ballet & Pointe

All Ages

Instructor placement required. Senior level, formerly Advanced Ballet and Prepointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as prepointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength.

Sr. Ballet 2/3

Instructor: EBD- Clay

Mon: 9/17-12/10* 6:45-8pm

120227-A R: \$193 / NR: \$203

Pre-Pointe/Pointe

Instructor: EBD- Clay

Mon: 9/17-12/10* 8-8:30pm

120227-B R: \$84 / NR: \$94

Senior Ballet

Instructor: EBD- Thornton

Thu: 9/20-12/6* 7-8:15pm

120227-C R: \$210 / NR: \$220

Instructor: EBD- Maloney

Sat: 9/22-12/15* 10-11:30am

120227-D R: \$231 / NR: \$241

Pointe

Instructor: EBD- Maloney

Sat: 9/22-12/15* 11:30am-12pm

120227-E R: \$77 / NR: \$87

*No class dates 10/8, 11/12, 11/22, 11/24, 12/1

Location: Dance Studio



Teen Hip Hop 11-14 years

Dancers will learn the latest street dancing technique, performance skills, and confidence. Dancers will improve hip hop style, increase memory, improve balance, and increase strength using upper and lower body movement, as well as tricks and body control. Come prepared for warm up, isolations, and to learn the latest choreography styles. Dancers will learn choreography each week that will build into a performance piece for the end of the session. Comfortable loose clothing and flat sole sneakers are recommended.

Thu: 9/20-12/20* 5:30-6:30pm

140205-A R: \$150 / NR: \$160

*No class dates 11/22

Instructor: Adrenaline Staff

Location: Community Room

Contemporary Street Jazz

11-14 years

This high energy one hour class will teach jazz technique, performance skills, showmanship, and confidence. Dancers will increase flexibility, improve dance technique, memory, balance, and strength. Our staff brings excitement to dance class with current upbeat music and the latest industry choreography! Come prepared for warm up, technique, and to learn new choreography each week that will build into a piece to be performed at the end of the session. Comfortable dance clothes and jazz shoes are recommended.

Thu: 9/20-12/20* 5:30-6:30pm

140206-A R: \$150 / NR: \$160

*No class dates 11/22

Instructor: Adrenaline Staff

Location: Dance-Left

NEW! **Belly Dancing**

18 & up

Students will learn new movements each class, building coordination, grade, strength, and flexibility. Come discover the joy of



this organic dance form and celebrate movement through an ancient, life-embracing art! Learn and practice basic techniques including proper stance and posture, arm carriage and patterns, fundamental shimmies, isolations, introductory undulations, and traveling steps. Choreography will be taught to incorporate new movements.

- Wed: 9/19-10/10 10-11am**
150204-A R: \$40 / NR: \$50
- Wed: 10/17-11/7 10-11am**
150204-B R: \$40 / NR: \$50
- Wed: 11/14-12/12* 10-11am**
150204-C R: \$40 / NR: \$50

*No class dates 11/21

Instructor: Dream In Color
Location: Dance-Left

NEW! **Adult Hip-Hop 18 & up**

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style.

- Wed: 9/19-10/10 7:30-8:30pm**
150211-A R: \$40 / NR: \$50
- Wed: 10/17-11/7 7:30-8:30pm**
150211-B R: \$40 / NR: \$50
- Wed: 11/14-12/12* 7:30-8:30pm**
150211-C R: \$40 / NR: \$50

*No class dates 11/21

Instructor: Dream In Color
Location: Dance-Right

Ballroom Wedding Dances 18 & up

Learn the three most common ballroom wedding dances, the Waltz, Foxtrot and Rumba. These are the three basic slow dances that couples chose



for their special first dance. You'll learn proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance.

- Thu: 9/27-11/15 6:30-8pm**
150213-A R: \$96 / NR: \$106

Instructor: Tom Woll and Assoc
Location: Senior Center-Left

Social Dance 18 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase.

- Thu: 9/27-11/15 8-9:30pm**
150214-A R: \$96 / NR: \$106

Instructor: Tom Woll and Assoc
Location: Senior Center-Left



NEW! **Latin Rhythmic Dances 18 & up**

This Level 1 class will introduce you the most popular Latin rhythmic dances. You will learn the basic step for social dancing for Bachata, Merengue, Salsa, Cha cha, and Cumbia. We will cover solo footwork also known as shines and basic partner turn patterns for leader and follower. A partner is strongly recommended but not required. Women should wear heels that glide easily on the floor and men should wear dress shoes.

- Wed: 9/19-10/10 8-9:30pm**
150218-A R: \$50 / NR: \$60

- Wed: 10/17-11/7 8-9:30pm**
150218-B R: \$50 / NR: \$60

- Wed: 11/14-12/12* 8-9:30pm**
150218-C R: \$50 / NR: \$60

*No class dates 11/21

Instructor: Dream In Color
Location: Dance-Left



Registration Begins
Residents: August 20
Non-Residents: August 27

Sports Classes

Fit Kids Balls, Balls, Balls 2-3 years

This "Mommy and Me" class is all about Balls! Kids love to play with balls of all sizes to improve hand-eye coordination, balance, cooperative and listening skill with parent or caregiver joining in on the FUN!

Tue: 10/16-11/13* 10-10:40am
110911-A R: \$50 / NR: \$60

*No class dates 11/6

Instructor: Fit Kids

Location: 1/2 Gym Back Door



Cubs Program 2-3 years

Classes require parent participation and will use soccer as a medium for children to develop their balance, agility, coordination, color recognition and numerical learning. As well as increasing their confidence, and social skills in a fun and relaxed environment.

Wed: 9/19-11/7 1-1:45pm
110905-A R: \$112 / NR: \$122

Instructor: Challenger Sports

Location: 1/2 Gym Back Door

Fit Kids Mommy & Me Sports 2-3 years

A new swing on "Mommy and Me" that's sure to please the kids. Children will learn all about sports such as soccer, basketball, football and more to improve hand-eye coordination, balance, cooperative and listening skills. Parent/caregiver must be present.

Tue: 11/27-12/18 10:45-11:25am
110914-A R: \$50 / NR: \$60

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Amazing Athletes Program 2.5-6 years

A unique tried and tested, fun filled sport program that incorporates physical fitness and gross motor skills. Students will play and learn a variety of sports including soccer, hockey, basketball, and baseball. This fun and positive learning experience will help kids develop the basic fundamentals of sports and instill team pride self-confidence, and good sportsmanship. This is what makes this program amazing!

Athletes 4-6yrs

Thu: 9/20-11/8 5-5:45pm
110902-A R: \$93 / NR: \$103

Thu: 11/15-12/13* 5-5:45pm
110902-C R: \$47 / NR: \$57

Athletes 2.5-3yrs

Fri: 9/21-11/9 11-11:45am
110902-B R: \$93 / NR: \$103

Fri: 11/16-12/14* 11-11:45am
110902-D R: \$47 / NR: \$57

*No class dates 11/22, 11/23

Instructor: Amazing Athletes

Location: 1/2 Gym Lobby Side



Fit Kids T-Ball 3-5 years

This clinic introduces kids to the basics: hitting, stance, throwing and base running while helping to develop hand-eye coordination, agility, speed and strength.

Tue: 10/16-11/13* 10:45-11:25am
110910-A R: \$50 / NR: \$60

Wed: 11/14-12/5 1:15-1:55pm
110910-B R: \$50 / NR: \$60

*No class dates 11/6

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Fit Kids Floor Hockey 3-5 years

Get those future NHLers off to a good start. Pre-school floor hockey is a super place for young players with tons of energy. Hockey sticks are provided and plastic pucks are used. Floor Hockey develops hand-eye coordination, agility, speed, and strength.

Tue: 11/27-12/18 10-10:40am
110912-A R: \$50 / NR: \$60

Instructor: Fit Kids

Location: 1/2 Gym Back Door

NEW! Fit Kids Sports Blast

3-6 years

Action packed weeks of Sports! Overview of various sports and fundamentals, stressing teamwork and good sportsmanship. Sport varies each week while children will improve running, kicking, jumping, and throwing skills. May include soccer, hockey, basketball, or football.

Wed: 11/14-12/5 2-2:40pm
110918-A R: \$50 / NR: \$60

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Lil Lions- Challenger Sports 4-5 years

Helps develop simple ball skills such as kicking and dribbling with different foot surfaces. Lots of fun games and structured activity.

Wed: 9/19-11/7 2:30-3:15pm
110909-A R: \$112 / NR: \$122

Instructor: Challenger Sports

Location: 1/2 Gym Back Door

Mini Kickers Challenger Sports 5-6 years

Fun games, competitions, skill building activities, and coached small sided games. This class provides young players the opportunity to receive high-level soccer coaching from a team of international experts.

Wed: 9/19-11/7 3:30-4:30pm
110907-A R: \$120 / NR: \$130

Instructor: Challenger Sports

Location: 1/2 Gym Back Door

The Teen Center is located at the Falls Church community Center and is open exclusively for teens Monday through Friday from 3pm – 6pm and on early release Wednesdays. The drop-in Teen Center features a pool table, ping pong, foosball, air hockey, a large screen television with surround sound, a PlayStation 3 and a Wii. For more information on Teen Programming, please call the Teen Coordinator at 703-248-5307.

Fall Dance

Dance, hang out with friends, play basketball, and more. We will have prizes for limbo and other contests. Pizza and sodas are available for sale. Once participants enter the building, they may not leave until they are signed out by an adult. No pre-registration necessary! Dances will take place in the lower level of the Falls Church Community Center.

Age: Grades 6-8

Date: October 20

Time: 7:30pm to 10:30pm

Fee: \$5

Friday Night Madness

Participants have the opportunity to hang out with their friends and participate in activities. Some sample activities may include games such as karaoke, bingo, eating contests, scavenger hunts and more! A PG or PG-13 film is shown as well. Pizza and sodas are available for sale. Once children enter the facility, they may not leave until they are signed out by an adult. No pre-registration necessary!

Age: Grades 5-7

Dates: September 21, November 16 and December 14

Time: 7-11pm

Fee: \$3

Volleyball Program

There will be a seven week volleyball program for 6th-8th grade youth. Have fun learning skills in a non-competitive environment.

Tues: 9/18-10/30 **5-6p**
141498-A \$10

Teen Council

The Teen Council is a youth action group consisting of children in grades 6-8 and serves as an advisory group to the Teen Coordinator. The group will have monthly meetings. During meetings, the group will discuss issues facing themselves and their peers, plan monthly volunteer projects and social activities as well as discuss and make suggestions for teen programming at the community center. The first meeting will be held Monday, September 24. Teen Council applications will be available beginning September 5 at the Falls Church Community Center.

Dates: Monthly September through May

Fee: FREE to join. Field trips may have associated expenses.

Movie Wednesdays

Every Wednesday popcorn and sodas will be available to teens at the teen center while we show a movie on the big screen television. Movies will be rated PG or PG-13.

Fee: Free

Teen Work List

Are you looking for work to make some money? This service is for you to place your name on a list for possible work opportunities. When residents need someone to do jobs such as babysitting, yard work, snow shoveling, dog walking and more, they can contact us and we will contact you! Please call the Teen Coordinator at 703-248-5307, amaltese@fallschurchva.gov, or stop by at the Community Center for a registration form.

TEEN TRIPS

Hershey Park 10-17 years

Join us as we go to Hershey Park to learn about chocolate and test our limits on rides such as the Comet, Fahrenheit, Widewinder, Storm Runner and more! Registration fee includes admission and a meal ticket. Please bring money for additional food or souvenirs.

Sat: 9/29 **9am-10pm**
141451-A \$110

Bennett's Curse 10-14 years

Bennett's Curse Haunted Attractions, located in Hanover, Maryland, has been chosen as one of the top attractions by America's best Haunts. We will visit the House of Vampires, and the Sanctuary of Insanity which features the Dominion of Darkness! Please be prepared for loud noises, fog, low visibility and more.

Fri: 10/13 **5:30-10:30pm**
141489-A \$56

Rebounderz 10-14 years

Rebounderz is 26,000 square foot facility full of trampoline fun! Participants will have two hours of jump time. Additional waivers are required and will be distributed prior to the trip.

Sat: 10/20 **11am-3:30pm**
141497-A \$53

Central Park Funland 10-14 years

Central Park Funland features laser tag, a rock wall, bowling, over 100 video and arcade games and more! This registration includes 4 hours of unlimited access to most games, 2 slices of pizza and an additional 10 points!

Tue: 11/6 **10am-4pm**
141454-A \$72

Snow Tubing 10-15 years

Travel with us to Liberty Mountain's Boulder Ridge Snow Tubing area! This area features up to 15 smooth lanes for tubing along with a moving carpet to take you to the top! Please bring additional money for food or hot chocolate! All should be dressed properly with well insulated shoes! A waiver is required and will be distributed to all who are registered. This trip is dependant on snow conditions.

Sat: 12/15 **9:30am-5:30pm**
141490-A \$64

Youth Sports

FALL SOCCER (Grades Kindergarten-8th Grade)

Early Bird Registration: July 16th-Aug 5th

Kindergarten/1st Grade

Resident: \$85 Non-Resident: \$100

2nd Grade & Above

Resident: \$100 Non-Resident: \$115

Regular Registration: Aug 6th – Aug 19th

Kindergarten/1st Grade

Resident: \$100 Non-Resident: \$115

2nd Grade & Above

Resident: \$115 Non-Resident: \$130

Teams will be formed by grade and will participate in Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team. Practices start after Labor Day and games go through early November. **Volunteer coaches are needed.** For more information on registration, fees, and league rule information, call (703) 248-5077.



1st Touch Soccer Clinic

Ages 3-4

First Touch is a program designed to develop your young players love and interest in soccer by providing the FUN-damental skills and techniques needed. A seven-session course open to boys and girls ages 3 & 4. Each 45 minute session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day. Clinic runs from September 8th – October 27th.

Registration for the clinic starts July 16th and will stay open until filled. Ages are as of September 1, 2012.

Instructor: TBA

Location: Larry Graves Field

Class Dates: September 8th – October 27th

631104-A 3 yr olds

Saturdays 9-9:45am

631104-B 4 yr olds

Saturdays 10-10:45am

Fee: R:\$105 NR:\$115



Youth Flag Football

Grades 2-7

Early Bird Registration: July 23rd – Aug 5th

Resident: \$85 Non-Resident: \$95

Regular Registration: Aug 6th – Aug 19th

Resident: \$95 Non-Resident: \$105

Falls Church Recreation & Parks Dept. will be hosting our annual youth flag football league this Fall. This program is a co-ed, non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School starting mid afternoon each week.

Volunteer coaches are still needed.

Please contact Chris Madison for more details at 703-248-5077.

Location: George Mason Turf Field

Tryout Dates: September 8th Times - TBD

600001-A: Grades 2-3

600001-B: Grades 4-5

600001-C: Grades 6-7

NFL Punt, Pass, & Kick

Ages 8-15

What is Punt, Pass, & Kick? It is a FREE opportunity for boys and girls ages 8-15 to compete in a fun environment against their peers in a NFL sponsored football skills competition. The kids will compete in three activities (punting, passing, and place kicking) where their total combined distances will be scored, with the winners in each age/gender division moving on to a district competition.

Location: George Mason Turf Field

Dates: Sunday, September 9th @ 3pm

House League Basketball Grades 2-12

Registration for boys and girls house basketball league teams runs from October 8th through November 2nd. Teams will be formed by grade and drafted into teams and will participate in our winter house league. Practices and games will be scheduled in area gyms; practice and game times vary by teams. **Volunteer coaches and paid referees are needed!** Call (703) 248-5077 for more information..

Early Bird Registration: October 8th -21st

2nd/3rd Grade

Resident: \$115 Non-Resident: \$130

4th Grade & above

Resident: \$140 Non-Resident: \$155

Regular Registration: October 22nd - November 2nd

2nd/3rd Grade

Resident: \$130 Non-Resident: \$145

4th Grade & above

Resident: \$155 Non-Resident: \$170

Select League Basketball

Age Groups – Boys/Girls 10&under, 11&under, 12&under, 13&under, 14&under

Registration – Players will register once accepted to a team. For those basketball players interested in a more competitive and highly skilled environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the 1st week of October. Contact Chris Madison at 703-248-5077 for further information.



1st Touch Basketball Clinic Ages 3-4

Registration starts October 8th and continues until clinic is filled. 1st Touch is a program designed to develop your young player's love and interest in basketball by providing the FUN-damental skills and techniques needed. A six-session course open to boys and girls ages 3 & 4. Each 45 minute session will include station work that focuses on different skills to include shooting, dribbling, passing, and footwork. It gives parents and children the opportunity to work one-on-one and spend quality time together. Parents/guardians are asked to stay and participate during clinic. **Participants must be correct age by October 1, 2012.**

Instructor: TBA

Location: TBA

Class Dates: January 5th-February 16th, 2013

Fee: Resident:\$70 Non-Resident:\$80

621103-A 3 yr olds

Saturdays 9am

621103-B 4 yr olds

Saturdays 10am

Early Hoopers Basketball Clinic Ages 5-6

Registration starts October 8th and continues until clinic is filled. The 5 & 6 year old co-ed Early Hoopers Basketball Clinic is a once-per-week instructional clinic that focuses on the basic fundamental skills and rules of basketball as it begins to prepare the participant for league competition. The clinic is held for 7 weeks on weeknights and Saturdays. Volunteers are always welcome to assist our staff. Clinics start the 1st week of January.

Instructor: TBA

Location: TBA

Fee: Resident:\$80 Non-Resident:\$90

5-year old clinics:

621105-A	Mondays	5:15-6pm
621105-B	Wednesday	5:15-6pm
621105-C	Saturdays	10-10:45am

6-year old clinics:

621106-A	Tuesdays	5:15-6pm
621106-B	Thursdays	5:15-6pm
621106-C	Saturdays	11-11:45am

ADULT SPORTS

ADULT FALL BASKETBALL LEAGUE

Registration runs August 6th until August 26th. League play starts the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call (703) 248-5027 for registration form, fees, and league rules.

Registration Fee: \$710 per team.



ADULT FALL CO-ED VOLLEYBALL LEAGUE

Registration runs August 6th until August 26th. League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18yrs or older. Call 703-248-5027 for registration form, fees, and league rules.

Registration Fee: \$350 per team

ADULT FALL CO-ED SOCCER

For more information, call (703) 248-5027 and ask for Chris Madison.



WINTER ADULT BASKETBALL LEAGUE

Registration runs November 12th - December 2nd for winter adult basketball teams. Various levels of competition are offered and play begins in January. Registration is on a team-basis only and team members must be 18 years or older. For more information, call (703) 248-5027. Games will be played primarily on Sunday afternoons.

Registration Fee: \$710 per team.

35th ANNUAL CITY TENNIS TOURNAMENT

Calling all city residents and employees! Come test your tennis skills in the 34th Annual Falls Church City Tennis Tournament. Registration is going on now through September 2nd. Tournament play runs September 7th - Oct 21st. Players schedule their own matches within a specific amount of time so everyone can work around their busy schedules and make time for some good tennis! Additional info is available by calling (703) 248-5027 or stopping by the Community Center to pick up a flyer!



Karate & Fencing Classes

Beginning Karate 7 & up

If you are curious about the martial arts, interested in an exercise program with a purpose, or want to learn some self-defense, then come join us! This Fall, we are offering a beginning classes, which covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many types of martial arts. There is no need to worry about the physical requirements because they aren't too challenging. Beginning students do not engage in fighting and do not need uniforms. So, come try Karate! More info is available at [www. StratfordKarate.org](http://www.StratfordKarate.org)

Instructor: Richard Hathaway & Bill Kennedy

Mon: 9/17-12/10* 7-8pm

120502-A R: \$137 / NR: \$147

Instructor: Dave Hacker & Aaron Dahnke

Sat: 9/22-12/15* 8:30-9:30am

120502-B R: \$137 / NR: \$147

*No class dates 10/8, 11/12, 11/24, 12/1

Location: Dance-Left



Intermediate Karate

9 & up

If you have some martial arts experience and are looking for a place to train, then come train with us. We have a relatively casual and supportive group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring will be introduced to experienced students. Uniforms and hand & feet protection are required. So, join us. We have more information online at [www. StratfordKarate.org](http://www.StratfordKarate.org)

Mon: 9/17-12/10* 8:15-9:15pm

120506-A R: \$137 / NR: \$147

*No class dates 10/8, 11/12

Instructor: Bill Kennedy & Richard Hathaway

Location: Dance-Left

Black Belt Martial Arts

16 & up

If you have a Black Belt in any martial arts and are looking for a place to train, then come train with us. The class will explore martial arts beyond the first Black Belt degree (dan). Black Belt forms (katas) necessary for second dan in Tang Soo Do will be taught along with some weapons techniques and associated katas. Students will be encouraged to share their knowledge. Uniforms and hand & feet protection are required. So, join us. We have more information online at [www. StratfordKarate.org](http://www.StratfordKarate.org)

Thu: 9/20-12/6* 8:15-9:15pm

150507-A R: \$137 / NR: \$147

*No class dates 11/22

Instructor: Bill Kennedy & Richard Hathaway

Location: Dance-Right



Advanced Karate 9 & up

If you have significant martial arts experience and are looking for a place to train, then come train with us. We have a relatively experienced group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are required. We have more information online at [www. StratfordKarate.org](http://www.StratfordKarate.org)

Thu: 9/20-12/6* 7-8pm

150502-A R: \$137 / NR: \$147

*No class dates 11/22

Instructor: Richard Hathaway & Bill Kennedy

Location: Dance-Right



Introductory Olympic Sport 9 & up

Known as "the physical game of chess" Olympic sport fencing provides a tremendous physical and mental workout for students of all ages and athletic abilities. As one of the safest sports, fencing makes fitness fun! It builds muscle strength, provides greater cardiovascular workouts, and improves endurance, coordination and speed. Protective masks, jackets and safety tipped swords are used for class. An equipment rental fee of \$29 should be made payable to VAF on the first day. Also, a waiver must be signed by a parent/legal guardian on the first day.

Fencing Ages 9-13

Tue: 9/18-10/23 7-8pm

120501-D R: \$93 / NR: \$103

Fencing Ages 14 & up

Tue: 9/18-10/23 8-9pm

120501-J R: \$93 / NR: \$103

Instructor: VA Academy of Fencing

Location: Senior Center-Left



Register early at
www.fallschurchva.gov
to prevent class
cancellations!



Tennis Everyone!

Lesson ratios for tots and adults are 4:1; and 6:1 for juniors. **Lessons By Appointment** are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required!

Little Shots- Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Wed: 9/5-10/24 2:30-3:15pm
120901-A R: \$152 / NR: \$162

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Tennis 1 & 2: Rally, Serve & Score 6-13 years

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio 6:1.

Ages 6-8
Wed: 9/5-10/24 3:30-4:30pm
120905-A R: \$152 / NR: \$162

Ages 8-10
Wed: 9/5-10/24 4:30-5:30pm
120905-C R: \$152 / NR: \$162

Ages 10-13
Wed: 9/5-10/24 6-7pm
120905-E R: \$152 / NR: \$162

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

AM Beginner
Tue: 9/4-10/23 9:30-10:45am
150901-A R: \$210 / NR: \$220

PM Beginner
Wed: 9/5-10/24 8:30-9:45pm
150901-B R: \$210 / NR: \$220

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Tennis 2- Match & Play Drill 18 & up

Players with limited on-court experience refine stroke production and learn how to play doubles! After a brief warm-up, players drill important elements of the game. Players are then separated into doubles matches and your coach offers helpful tips on positioning, tactics and strategy. For players who have completed Tennis I with coach's recommendation. Player-Coach ratio is 8:1 for AM classes and 4:1 for the PM class.

AM Match Play Drill
Wed: 9/5-10/24 9:15-10:45am
150902-A R: \$192 / NR: \$202

Wed: 9/5-10/24 10:45am-12:15pm
150902-B R: \$192 / NR: \$202

PM Match Play Drill
Wed: 9/5-10/24 7-8:30pm
150902-C R: \$252 / NR: \$262

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Tennis 3- Intermediate/ Adv. 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate and advanced players. Player-Coach ratio is 4:1.

Wed: 9/5-10/24 7-8:30pm
150903-A R: \$252 / NR: \$262

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Tennis 3- Match & Play Drill 10-18 years

Build skills & learn tactics necessary to succeed in competitive tennis. Each session is a mix of instruction via drills and match play. Prerequisite: Ability to rally & serve at 60ft. or full court, or coach's recommendation. Ages 10-13: Open to players with the ability to rally, serve, and keep score. Player-Coach ratio is 8:1. Ages 13-18: Created for players currently competing for their high school or for those developing skills to tryout for their high school teams. Player-Coach ratio is 4:1.

Tennis 3: Ages 10-13
Sat: 9/8-11/3 2-3:15pm
140901-A R: \$140 / NR: \$150

Tennis 3: Ages 13-18
Sat: 9/8-11/3 3:30-5pm
140901-B R: \$200 / NR: \$210

Instructor: First Serve Tennis

Location: Cavalier Trail Park

LESSONS by APPOINTMENT:

March 1 – November 1; Ages 4 & Up

Contact FirstServe Tennis Academy (FSTA) for individual, semi-private, private group lessons and Season Pass Discounts. Call 703-868-8172 or visit www.tenniseveryone.net for more information including program, racket, and equipment recommendations. All prices are per hour and per student.

Private (one student): \$60/hr (\$65/hr for managing directors)

Semi-Private (two students): \$37.50/hr/student

Small Group (3 students): \$32.50/hr/student

Small Group (4 students): \$27.50/hr/student

Junior High Performance Program

30-minute prorated lessons are available for ages 4-6

Please note: Cancellations within 24 hours of the scheduled lesson time will be charged 100% of the lesson tuition.

Fitness Classes

Self-Defense for Women

13 & up

This is a hands-on self-defense class for women of any size or strength. Learn and practice a wide variety of practical techniques in realistic threat situations. You'll learn to defend against the full spectrum of physical threats, up to your comfort level. Wear gym clothes or something comfortable, and be ready to have fun and get physical!

Sat: 9/22 12:30-3:30pm

150413-A R: \$30 / NR: \$40

Sat: 11/3 12:30-3:30pm

150413-B R: \$30 / NR: \$40

Instructor: Tom Mulczynski

Location: Community Room



Cardio Kickbox 16 & up

Punch, kick and jab your way through an action packed workout! Kickboxing patterns, cardio intervals and core training can give you an intense calorie burn. All levels welcome.

Tue: 9/18-12/11* 7:30-8:30pm

150436-A R: \$149 / NR: \$159

*No class dates 11/6

Instructor: Sarah Liberatore

Location: Senior Center-Right

Muscle Up 18 & up

Find the ultimate you. With weighted bars, dumbbells, kettle bells, body weight, and sometimes just a towel. We will borrow tools and try new trends from the latest celebrity trainers to get fit, build lean muscle, spike the heart rate, and burn calories. You will get stronger, burn calories and gain flexibility.

Tue/Thu: 9/18-10/25* 6:30-7:30pm

150423-A R: \$149 / NR: \$159

Tue/Thu: 10/30-12/13* 6:30-7:30pm

150423-B R: \$149 / NR: \$159

*No class dates 11/6, 11/22

Instructor: Jai Mullis

Location: Art Room



Step for Fun & Fitness

14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Location: Senior Center-Right

Step Aerobics

Mon/Wed: 9/17-10/31* 6:30-7:30pm

150404-A R: \$161 / NR: \$171

Step Aerobics

Mon/Wed: 11/5-12/19* 6:30-7:30pm

150404-B R: \$161 / NR: \$171

Location: Dance Studio-Right

Rise and Shine Step

Sat: 9/22-10/27 9-10am

150404-C R: \$77 / NR: \$87

Rise and Shine Step

Sat: 11/3-12/15* 9-10am

150404-D R: \$62 / NR: \$72

*No class dates 10/8, 11/12, 11/24, 12/1

Instructor: Eileen Cutrona

Fit-For-Life 55 & up

Enjoy a total body workout while honoring your body.

Class will include low impact cardiovascular exercise, strength building, balance and flexibility. Participants must be able to exercise on the floor on mats. Wear comfortable clothing, and athletic shoes. Please bring a mat, light weights and water.

Tue: 9/18-12/11* 10:30-11:30am

160407-A R: \$142 / NR: \$152

Thu: 9/20-12/13* 10:30-11:30am

160407-B R: \$142 / NR: \$152

Tue/Thu: 9/18-12/13* 10:30-11:30am

160407-C R: \$284 / NR: \$294

*No class dates 11/6, 11/22

Instructor: Marie Ogrady

Location: Dance-Left

New Instructor

Zumba Latin Aerobics

18 & up

Zumba is a unique and exciting high energy aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. The routines targets areas such as the gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba. Now featuring drop in classes for \$9 per class.

Tue: 9/18-12/11* 9:30-10:30am

150415-A R: \$99 / NR: \$109

Thu: 9/20-12/13* 9:30-10:30am

150415-B R: \$99 / NR: \$109

Thu: 9/20-12/13* 7:30-8:30pm

150415-C R: \$99 / NR: \$109

*No class dates 11/6, 11/22

Instructor: Dream In Color

Location: Dance-Left

NEW! Zumba & Sculpt

16 & up

ZUMBA® exercise program will energize your soul and tone your body fuzing Latin rhythms with easy to follow choreographed dance moves. Rounding out the aerobic portion of class will be 15 minutes of core strength conditioning, sculpting and flexibility training. Please bring aerobic shoes, light weights and a mat. Drop in and try classes for \$9 each!.

Tue: 9/18-12/11* 12:10-1pm

150424-A R: \$110 / NR: \$120

Thu: 9/20-12/13* 12:10-1pm

150424-B R: \$110 / NR: \$120

Tue/Thu: 9/18-12/13 12:10-1pm

150424-C R: \$220 / NR: \$230

*No class dates 11/6, 11/22

Instructor: Marie Ogrady

Location: Dance-Right



Falls Church Recreation and Parks

Pilates With Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Tue: 9/18-12/4* 7-7:55pm
150409-A R: \$130 / NR: \$140

*No class dates 11/6

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Thu: 9/20-12/6* 9:30-10:25am
150402-A R: \$130 / NR: \$140

*No class dates 11/22

Instructor: BodyMoves Fitness, LLC

Location: Community Room



Time for Me Yoga 13 & up

In this new daytime class, people will learn the life skill of how to defuse stress and how to use micro-amounts of time throughout the day to practice relaxation strategies. Learn easy stretches for stress-clenched parts of the mind-body, leverage already existing daily habits to create positive habits, so that life can become marinated in relaxation and vitality. All are welcome, especially home-schooled students,-- mats provided.

www.stressburneryoga.com

Wed: 9/19-10/24 11:30am-12:30pm
130404-A R: \$120 / NR: \$130

Wed: 11/7-12/12 11:30am-12:30pm
130404-B R: \$120 / NR: \$130

Instructor: Unyong Kim

Location: Dance-Right



Yoga for EveryBody

18 & up

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures (asanas), breath techniques (pranayama) and deep relaxation (yoga nidra/meditation). Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for everybody. Bring a mat.

Thu: 8/23-10/18* 7:15-8:45pm
150411-A R: \$96 / NR: \$106

Thu: 10/25-12/20* 7:15-8:45pm
150411-B R: \$96 / NR: \$106

*No class dates 9/6, 11/22

Instructor: Sharon "Sam" Meehan, RYT

Location: Community Room



NEW! Prenatal Yoga and Dance 18 & up

In your unique journey of pregnancy, feel the deep bond and relationship that is developing with you and baby--using breath awareness tools, meditation, guided-relaxation, gentle yoga posture, and free-flowing movements and dances that connect you meaningfully to your mind-body-emotion paradigm with your unborn child. Learn tools that empower your unique pregnancy and conscious birthing process such as guided relaxation, abdominal toning, pelvic toning and vocal toning. Experience your whole self at ease in constructive rest, mindful movement, creativity and conscious bonding.

Sat: 9/22-11/3 11am-12pm
150425-A R: \$230 / NR: \$240

Instructor: Brigitta White

Location: Community Room

Yoga for Fitness 16 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Mon: 9/17-12/3* 12:15-1:15pm
150401-A R: \$118 / NR: \$128

Tue: 9/18-12/4* 8-8:55pm
150401-B R: \$118 / NR: \$128

*No class dates 10/8, 11/19, 11/6, 11/20

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Fitness Classes



Challenging Yoga 13 & up

In this new class for experienced practitioners, we will explore challenging poses, breaking them down to their elements and principles in a process of discovering how to practice over time and overcome obstacles to achieving them. Students will use this process as a metaphor for overcoming a variety of off-the-mat challenges (work, family, life) and through perseverance, gradually shifting our relationship with them. Instructor's okay required if you haven't taken any previous classes with her.

www.stressburneryoga.com

Wed: 9/19-10/24 7:45-8:45pm

150431-A R: \$120 / NR: \$130

Wed: 11/7-12/12 7:45-8:45pm

150431-B R: \$120 / NR: \$130

Instructor: Unyong Kim

Location: Community Room



Register early at www.fallschurchva.gov to prevent class cancellations!

The Relaxed Professional

13 & up

How many times have you said, "I need to relax and de-stress, but I'm just too busy!" Learn quick stress reducing strategies from yoga to use in your life, and a daily 5-10 minute yoga routine for home. Start small but launch new habits and enjoy the compounding benefits of preventive health maintenance. Don't depend on outside circumstances, like gym membership, enough time, or new body type. For more info visit: www.stressburneryoga.com

Wed: 9/19-10/24 6:30-7:30pm

150430-A R: \$120 / NR: \$130

Wed: 11/7-12/12 6:30-7:30pm

150430-B R: \$120 / NR: \$130

Instructor: Unyong Kim

Location: Community Room



Fit 4 Moms

What is FIT 4 MOMS?

FIT 4 MOMS fitness for all ages & Non- moms too

A unique exercise program dedicated to hard-working women who are serious about a healthy lifestyle and proper exercise techniques. FIT MOMS takes great pride in its ability to incorporate a variety of disciplines such as core conditioning, strength training, cardio, yoga, kick boxing, sports conditioning, and stretching to create a fun, unique & intense experience.



Why choose FIT 4 MOMS?

- No membership fee
- Children of all ages join the fun w/ Professional on-site child care supervision (9:45am classes Only)
- Total body workout and all you need is a mat and light weights
- Fun, powerful music to keep your heart rate up and your body moving
- Certified professional fitness instructors
- All levels of fitness welcome and you don't have to be a mom!
- Classes every day M-F, Sat classes once a month
- Fall Classes offered at FCCC M-F at 9:45am-10:45am in gymnasium

Contact Sheila Cordaro at sheila@fit4moms.com to register or visit www.fit4moms.com and complete the online registration form.



COME JOIN A FALLS CHURCH CLUB!!! All clubs looking for more members

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Adam Levowitz brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org.



Language Clubs

German Conversation
Tuesdays at 10am

Italian Conversation
Wednesdays at 1:30pm

French Conversation
Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.



Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge – Meets every Friday at 9am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.

Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.

Falls Church Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone, male or female. Annual membership is \$15. The Club meets on the first Tuesday of the month, with the exception of July and August. Meetings are held in the Community Center at 7:30 pm, featuring speakers specialized in a variety of garden related topics.

“We invite you to join us, exchange ideas with fellow gardeners and enjoy some of the best cookies in town. Plus you may win a prize!” Additional activities include club trips, visits to private/public gardens, plant exchanges and a **SPRING Plant Sale**. Proceeds from the sale are earmarked for the benefit of all aspects of gardening in our area. A monthly newsletter is also published with news of club activities. For more information, check our website www.fallschurchgardenclub.org



Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.



Armchair Travel Day

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

Bingo

Meets every Wednesday from 10am-1:30pm.

Blood Pressure

Held every other Tuesday from 9am-10am.

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge meets at 10am & Friday's contract bridge meets at 9am.

Card Games

Join us every Tuesday at 1:30pm for card games - Canasta, Hand and Foot, Rummy, etc

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game of Canasta, come every Thursday at 10am

Checkers Challenge

Every Wednesday at 10:30am.

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Tuesdays: German group 10am

Wednesdays: Italian group 1:30pm

Thursdays: French group 10am

Game Day

Come every Friday at 9am for FUN and games.

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Lunch Bunch

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am

Military History

Join this enthusiastic group on alternate Fridays starting September 7. Selected topics include WWII, Korea and Vietnam War.

Movie Day

On the second Friday of each month, you can see a movie on the "The Big Screen" at 10am in the Teen Center.

Nutritionist

A nutritionist provides healthy eating tips every third Wednesday at 12 noon.

Rummikub Challenge

Come every Tuesday and Wednesday at 1:30pm and play a friendly game of Rummikub

Scrabble Challenge

Every Tuesday and Wednesday at 1:30pm.

Walking Group

Meets Thursdays from 10:00am-Noon, except the first Thursday of the month, 10:00am-1:00pm (bring a bag lunch).

SENIOR TRIPS

September: Charles Town Slots

October: Foliage Trip and out to lunch

November: Shopping Trip

December: Holiday Lights Trip

Senior Trips Using Fastran Transportation

Time: 10:15am-1pm

Call **703-248-5020** for more details

Fee: \$1

September: Target

Fair Oaks Mall

Wegmans

Tysons Corner Mall

October: Walmart

Fair City Mall

Dollar Tree

November: Crossroads Plaza

Target

Kmart

Bloom

December: Fair Oaks Mall

Wegmans

Walmart

Tysons Corner Mall

LUNCH BUNCH

This group meets on the second Monday of every month at 12:00 noon. Due to Columbus Day, we will meet on the 3rd Monday in October.

Monday, September 10

Logans Steakhouse

Monday, October 15

Arties

Monday, November 12

Cracker Barrel

Monday, December 10

Red Lobster

MILITARY HISTORY FORUM

This group meets every other Friday from 10am-Noon in the Community Room.

September 7

Terry Shima/JAVA: Japanese-Americans in WWII

September 21

Ed Murphy: War of 1812

October 5

Jim Taylor: Sanduino vs. US Marines and Samoza

October 19

Ed Connor: I Was There: My Career With the CIA

November 2

Steve Darrah: Snakes Across The Fence

November 16

Fred Beck: Rommel: The Legend of the German-Italian Panzer Army Afrika

November 30

Keith Young: Old Ironsides, USS Constitution

December 14

Mark Lewis: Game-Changing Military Technologies

December 28

Holiday Break

JOIN US FOR THE SENIOR OLYMPICS

**2012 Senior Olympics-Open to residents 50 years and older
September 15 –September 26**

Saturday, September 15–Opening Ceremony and Track Events

September 17 thru September 26 – Events

New events added this year- 20k cycling, 400 M Walk, high jump, Mexican Train dominos, football throw, basketball field goals



AARP Fifty Five Alive

Ages 50 and older

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. This certificate is good for three years. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". The fee is \$12 for AARP Members and \$14 for Non-AARP Members.

Instructor: Jack Nelson

Location: Falls Church Community Center

Class Dates: September 13 and 14th or November 15 and 16th

Time: Class meets on both days from 10am-3pm

(Must attend both days to receive certificate.)

ARMCHAIR TRAVEL PROGRAMS

Presented by staff from the Mary Riley Styles Public Library at 10:30am on the fourth Friday of each month in the Teen Center.

September 28, 2012: Brazil: Revealed



This is the story of a country built on belief. A land unlike any other, where tradition and transformation peaceably together. And this is the story of the people who believe adversity lives next to prosperity, spirit leads to hope, and anything is possible.

October 19, 2012: Discoveries....Ireland: Castles & Ancient Treasures



This film explores many of Ireland's historic gems—castles, abbeys, moats, and fortified houses as well as world heritage ruins and passage tombs. We will investigate ruins and fortresses from as early as 3,000 B.C. to castle hotels, some of which are owned by original families, which extend fine accommodations, house restaurants, provide golf and other activities to those staying within their walls.

November and **December** are not scheduled due to the holidays.

ENJOY CITY RECREATION SPACES!

Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court, a volleyball court, and shuffleboard court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts). The unlighted Cherry Street courts are first come, first served.

Call 703-248-5027 to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

Weddings & Receptions

The Cherry Hill Farmhouse and grounds is can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit cherryhillfallschurch.org.

Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

CITY PARK AMENITIES

BERMAN PARK
Bike and hike trail
Picnic shelter
Picnic tables and grill
Play equipment

BIG CHIMNEYS PARK
Park benches
Picnic tables and grill
Play equipment

CAVALIER TRAIL PARK/TRIPPS RUN PARK
Basketball court (lighted)
Bike and hike trail
Park benches
Picnic table and grill
Slide and Swings
Tennis courts (2 - lighted)

CHERRY HILL PARK
Basketball court (lighted)
City kiosk
Horseshoe court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Volleyball court
Water fountain
Tennis courts (2 - lighted)

CROSSMAN/FOUR MILE RUN PARK
Park benches
Picnic tables and grills
Slide and Swings

DONALD S. FRADY PARK
Horseshoe court
Game table
Gazebo
Mini-amphitheater
Picnic tables and grills
Play equipment
Water fountain

FORT TAYLOR PARK
City kiosk
Historic Trail marker
Park bench

LINCOLN PARK
Basketball court
Park benches
Picnic table and grill
Play equipment

MADISON PARK
Basketball court
Park benches
Picnic shelter
Picnic tables
Play equipment
Rectangular athletic field
Water fountain

ROBERTS PARK
Basketball court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Water fountain

WEST END PARK
Park benches
Picnic tables and grills
Play equipment

Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

FALLS CHURCH PUBLIC SCHOOLS
GEORGE MASON HIGH SCHOOL/
MARY ELLEN HENDERSON MIDDLE
SCHOOL
(7124 Leesburg Pike)
Baseball/softball fields (2)
Running track
Rectangular fields (2; 1 has artificial turf)
Tennis courts (4 - lighted)

**THOMAS JEFFERSON
ELEMENTARY SCHOOL**
(601 South Oak Street)
Basketball court
Bike and hike trail
Park benches
Play equipment
Rectangular athletic field
Softball/baseball fields (2)

**MOUNT DANIEL
ELEMENTARY SCHOOL**
(2328 North Oak Street)
Basketball court
Play equipment
Small athletic field

OTHER RECREATION FACILITIES
Falls Church Community Center
(223 Little Falls Street)
Cherry Street tennis courts (2)
W & OD Bike Trail

MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)

RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center or at the DMV Select Office located in City Hall: 703-248-5019 (TTY 711).

Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration form (available online or at City Hall) and fax a copy of the temporary or current vehicle registration to 703-248-5212. The Treasurer's Office will issue a decal and bill. Decals may also be purchased at the Treasurer's Office: 703-248-5046 (TTY 711).

Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the City of Falls Church DMV Select Office or the City Registrar (both located in City Hall). Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

City Website:
www.fallschurchva.gov

Facebook:
facebook.com/CityofFallsChurch

Twitter:
twitter.com/FallsChurchInfo

Citizen Information Line:
703-248-5200

eFocus Newsletter:
Sign up at fallschurchva.gov

FCC-TV:
Cox channel 11, RCN channel 2, Verizon channel 35

Alert System:
Sign up at alert.fallschurchva.gov

Radio:
1680 AM (during emergencies)



Public Schools

There are four schools in the Falls Church City Public Schools system: Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054.

Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054.

eFocus E-Newsletter

Get current City news with eFocus, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

Solid Waste Services

Department of Public Works

Department of Public Works:
703-248-5081

Solid Waste Hotline:
703-248-5160
recycling@fallschurchva.gov

The Department of Public Works (DPW) manages solid waste for the City, including weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

In performing these tasks, the City collects approximately 6,000 tons of solid waste annually, including 2,200 tons of refuse, 1200 tons of loose leaves, 400 tons of brush and yard waste, and 1,900 tons of recyclable materials.

Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2.

Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2.



City-issued trash cart with properly-tagged excess trash bag.

Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.

Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3.

Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5.

Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5.

Leaf Collection

Leaves are collection from residential streets in the fall. Each residential street is vacuumed at least two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment. Questions? Call 703-248-5083.

Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container, large yard debris, furniture, and household appliances. Residents may request a Special Collection by calling 703-248-5160, ext. 4, before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

Missed Collection?

Call the Solid Waste Hotline at 703-248-5160. If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1.

Notice of Violation

According to the Solid Waste Code (Chapter 34), a warning followed by a fine may be issued if items are improperly prepared for collection. Fines may also be issued for dumping, littering, stockpiling of debris, or other health- and safety-related violations.

Mary Riley Styles Public Library



Mary Riley Styles Public Library 120 N. Virginia Avenue

General Line: 703-248-5030
Renewal Line: 703-248-5175
Circulation Desk: 703-248-5031
Reference Desk: 703-248-5035
Youth Services Desk: 703-248-5034
Administrative Office: 703-248-5033

HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

ABOUT THE LIBRARY

The Mary Riley Styles Public Library offers a collection of more than 150,000 titles including books, eBooks, MP3 music files, periodicals, and a local history collection. Patrons have direct access to a number of information resources to on-line databases via the local area network. The Library's catalog can be accessed over the Internet at home or work.

GETTING A LIBRARY CARD

The Library serves residents, employees, and property owners of the City of Falls Church and residents of the Washington metropolitan area. By cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are eligible for a borrowing card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is also available for an annual fee for patrons who do not meet these residency requirements. Apply for a Library card via the City's website (www.fallschurchva.gov/library) or in person.

PROGRAM AND SERVICES

Downloadable eBooks: With almost 2,000 titles covering all age groups and a wide range of genres (mystery, romance, fantasy, biography, history, religion, essays, and more), reading on your Nook, Sony Reader, iPad, iPhone, Android phones and tablets, and Kindle has never been more fun—and FREE!

Computers and WiFi Access: The library provides free Wi-Fi throughout the building for patrons who bring their own laptops or other wireless portable devices. The Library also provides hardwired computers with Internet access and Microsoft Office 2007 in the Reference, Youth Services, and Circulation departments.

Notary Public: A notary public is available free of charge most week days in the library's Administrative Office. Walk-ins are permitted, but calling in advance to schedule an appointment is strongly recommended. For more information, please call the Administrative Office at 703-248-5033.

Senior Book Discussion Series: Every six weeks from September through May, the library holds a senior book discussion in the Conference Room. Discussions are typically scheduled for Tuesday mornings at 10:30 a.m. and focus on a variety of general fiction and nonfiction titles selected in advance by the group. Open to all and no registration required. Light refreshments are usually served. For additional information, please stop by the Circulation Desk or call 703-248-5031.

Thursday Night Book Discussions: On the first Thursday of each month at 7:30 p.m., the library holds a general book discussion in the Conference Room. Books are usually selected by the group one to two months in advance and tend to alternate general fiction and nonfiction. Open to all and no registration required. Light refreshments are usually served. For more information, visit the group web site at mrsplbookgroup.blogspot.com.

Great Book Foundation Discussion Series: On the second and fourth Tuesday of each month from September through June, a "Great Books" discussion group meets in the Conference Room at 7:00 p.m. Open to all and no registration required. For additional information, please contact Jim Reid at 703-481-3813.

Summer Reading Program for Kids and Teens: Sign-up at the Library to take part in this annual tradition! Once participants have completed a specified number of books, they are eligible for a free paperback book. The Challenge Game for strong readers awards additional prizes.

TumbleBook Library for Children: This online collection of animated, talking picture books teach kids the joy of reading in a format they'll love. TumbleBooks are created by adding animation, sound, music and narration to existing picture books in order to produce an electronic picture book which you can read, or have read to you.

General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

- City Residents:** Free
- Non-City Residents 5 and under:** Free
- Non-City Residents 6-18 or 65+:** Free
- Non-City Residents 19-64:** \$3
- Hotline:** 703-248-5077

Call for current schedule.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

4130 Leesburg Pike

Registration Dates
Residents: August 20
Non-Residents: August 27

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov. If you are a non-resident and prefer a mailed copy, please call 703-248-5027 or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5027, (TTY 711).

Refund Policy

For refunds submitted...

- Ten or more days before the activity start date 80% Refund/ 90% Credit
- Five to nine calendar days before the activity start date 90% Credit only
- Less than five calendar days before the activity start date No Refund/ No Credit
- Programs cancelled by the Department... 100% Refund/ Credit

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes 8/26-9/3, 10/8, 11/6, 11/11-12, 11/22-25, and 12/1-2.



How to Register

Registration Starts

Falls Church City Residents:
Monday, August 20, 2012

Non-City Residents:
Monday, August 27, 2012



On-line: Go to www.fallschurchva.gov and click on the Falls Church Recreation and Parks Department logo. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 8am the second day of registration August 21 and August 28. To register, call **703 248-5027** and have your credit card ready.

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703 248-5027** for more information.



Registration Form



For More Information: Call 703 248-5027; Fax 703 536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advise of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:



Card Number: _____

Exp Date: _____



223 Little Falls St.
Falls Church, VA 22046

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Be a part of what makes the City of Falls Church a special place!

From movies under the stars to a day full of local food, pony rides and music, special events in the City of Falls Church provide unique experiences for all ages. We invite you to not only attend our special events, but become involved.

Sponsor a special event, make a donation or volunteer!

For more information on any special event and how you can get involved, please contact Jenny Paxton at **703 248-5199** or jpaxton@fallschurchva.gov.

Upcoming Special Events this Season...

Sunset Cinema

Fridays, August 24, 31, and September 7th



Fall Festival and Taste of Falls Church

Saturday, September 15th



Farm Day

Saturday, October 6th



Halloween Carnival

Saturday, October 27th



Holiday Craft Show

Saturday and Sunday, December 1-2



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